



Winter 2003

# ***Diabetes VA & DoD SPG Newsletter***

VA and DoD Diabetes Educator's Specialty Practice Group (SPG)



## ***Holiday Glucose Tips***

Holidays can affect blood sugar values by increasing them with the addition of more food and stress or by lowering them through an interaction of alcohol on your liver. Be prepared to enjoy your holidays without having problems with your diabetes. Take a few moments to review the following suggestions to keep your diabetes under control this season.

1. Increase physical activity during the holidays – it can have a big effect on

glucose lowering!

2. Prior to the holidays, plan ahead about your food choices to keep glucose controlled, such as eating smaller portions of many foods at parties.

3. Check the glucose level during and after a party – see what it has done so you will know what to do next time.

4. One meal is not going to hurt anything – it is the extra snacking and party dips that does the harm.

5. Don't drink without eating – alcohol without food can increase the risk of hypoglycemia.

6. Don't become intoxicated – a hypoglycemic reaction may be misdiagnosed as intoxication and be neglected by you and your family.

7. Make sure you have enough of your diabetes medicines and supplies before the holidays especially if traveling out of town.

## ***Group Business Meeting***

AADE Annual Meeting  
August 8, 2003  
Grand America Hotel  
Salt Lake City, Utah  
Minutes

The meeting was called to order by Cheryl Berman, BS, RD, EMT, CDE, CMC Chairperson @ 5:30pm.

Old Business:

1. The Minutes of the Philadelphia, PA meeting which was held on August 9, 2002 were approved as printed in the VA-DoD Diabetes SPG Newsletter Winter 2002 and as read at the meeting by Patricia M. Leapley, Secretary.

New Business:

1. Cheryl Berman introduced Dr. Janice Fisher, who represented the AADE Board of Directors.

2. Mary Austin, past AADE Specialty

Practice Group Chairperson, introduced Linda Edwards, the new AADE Specialty Practice Group Chairperson.

3. A motion was made and seconded to provide airfare for the Chairperson Elect to attend the AADE Leadership Conference in Chicago May 13-15, 2004.

4. Cheryl Berman announced the nominations for Chairperson Elect and Secretary/Treasurer.

Nominations: Chairperson Elect

1. Debra Bates, RN, C.D.E.  
VA Medical Center

Albuquerque, New Mexico

2. Lieutenant Commander Carol J. Haddock, R.N.C.

Nurse Corps, United States Navy  
Senior Nurse, Directorate of Ambulatory Care; U.S. Naval Hospital; Yokosuka, Japan

Nomination: Secretary/Treasurer

1. Janet Anselmo, MS, RD, CDE, LD, BC-ADM

Nutrition Clinical Coordinator-Diabetes Self-Management; VA Medical Center; Cleveland, Ohio

2. Barbara S. Nelson, RN

Naval Hospital, Pensacola, Florida

5. A motion was made, seconded and approved stating the Chairperson Elect will serve a one year term and will serve the following year as Chairperson of the SPG.

Duties of the Chairperson included the following:

- Planning the Annual Business meeting
- Preparing and distributing an agenda for the Annual Business Meeting
- Receives and answers several emails
- Interacts with VHA and DoD



- Makes decisions regarding the SPG
  - Serves on the VHA/DoD Diabetes SPG- Program Planning Committee
  - Communicates with the St. Louis EES Project Manager and the Liaison of VHA Endocrine-Diabetes Advisory Field Group
6. A motion was made, seconded, and approved stating that the Secretary will serve a 2 year term. The Secretary will also serve as Treasurer and submit a Treasurer's report at the Annual Business Meeting of the SPG.

Duties of the Secretary include the following:

- Responsible for recording the Minutes at the Annual Business Meeting and sending them via Outlook to the chairperson within 6 weeks. The Chairperson will send the minutes to the Program Manager/Diabetes St. Louis-EES(June Wright, EdD, RN) and the SPG Newsletter editor who will publish them in the Winter 2003 Newsletter.
- Provide and monitor official sign-in sheets for participants who attend the Annual Business Meeting. The Secretary will send the completed forms to the Chairperson and the St. Louis-EES Program Manager.
- Assist the Chairperson.

7. A motion was made, seconded and approved stating that each candidate for office submit a biography stating their current work experience within 3 weeks after the close of the Business Meeting. The information should be sent to the Past Chairperson, Cheryl Berman via Outlook or U.S. mail.

8. A motion was made, seconded and approved stating that the ballots will be mailed to all paid members of the SPG.

9. A motion was made, seconded and approved stating that Past Chairperson, Cheryl Berman, will prepare, mail and count the ballots. She will communicate the results to the Chairperson and St. Louis EES-Program manager, June Wright, EdD, RN.

10. Cheryl Berman gave the Treasurer's Report as follows:

Balance in the SPG as of June 2003                      \$3,098.00

Expenditures:

Catering – 2002 Business Meeting	\$ 589.00
Equipment Rental	39.00
Printing	400.00
Supplies	36.00
Total Expenditures	\$1,064.00

11. A motion was made, seconded and approved to pay \$300.00 for the printing and \$200.00 for the typing of Newsletters and SPG brochure. Cheryl Berman will submit, these names to AADE.

12. The Minutes of the Business meeting will be published in the Winter 2003 Newsletter. The Newsletter will be mailed to paid members of the SPG. Members should read the Minutes prior to attending the Annual Business meeting in 2004.

13. A motion was made, seconded and approved stating that Janet Carroll R.D., Kansas City, VA will serve as the Newsletter Editor for 2003-2004. Janet agrees to prepare the layout, type and mail the Newsletter to paid members of the SPG. She will obtain the mailing labels from AADE. She will use Goldenrod paper. She will also provide a draft copy of the Newsletter to the Chairperson for her approval prior to mailing the newsletter.

14. Cheryl Berman distributed copies of the SPG Business Plan and the new SPG Brochure to members who attended the meeting.

15. Cheryl Berman announced there may be a revision of the DoD booklet "Managing Your Diabetes" which will reflect the revised VHA/DoD Diabetes Clinical Guidelines. Members of the SPG who would like to work on the project should contact Charlene Powell Puryear via Outlook or telephone.

16. Cheryl Berman asked for a volunteer to serve as Web Master for the SPG.

Linda Haas, PhC, RN, CDE, Puget Sound HCS, Seattle, WA volunteered to serve as Web Master. Diane Kernan-Shorter, Hines VA will assist Linda Haas. Linda Haas will contact Angela Klar/DoD to determine if she would like to assist with this project.

17. Cheryl Berman requested that members of the SPG email suggestions for topics/speakers for the VHA/DoD and AADE annual meetings to Charlene Powell Puryear by Sept 10, 2003.

18. The member's of the SPG thanked Cheryl Berman for her outstanding leadership and dedication during her term as Chairperson and presented her with a gift as a token of their appreciation.

19. 45 individuals signed in for the Business Meeting.

The Meeting adjourned 7 P.M.

Patricia M. Leapley, M.S., R.D.

Recorder

Secretary VHA/DoD SPG

✓ There were 149 people who participated in the Salt Lake City VA/DoD conference.

✓ This web site - [vawww.ees.lrn.va.gov](http://vawww.ees.lrn.va.gov) is available to look up future meetings that you may be interested in attending from the Employee Education Services.



**Members Name submitting vote:\_\_\_\_\_**

**Election of Officers for  
“VA and DoD Specialty Practice Group”  
of AADE for 2003 –2005 Term**

**NOMINATIONS FOR CHAIRPERSON ELECT:**

Please vote for one of two candidates:

\_\_\_1. **DEBRA BATES,RN,CDE-**

VA Green Bay, Wisconsin

\_\_\_2. **LIEUTENANT COMMANDER CAROL J. HADDOCK,RNC**

NURSE CORPS,US NAVY

SENIOR NURSE,DIRECTORATE OF AMBULATORY CARE

U.S. NAVAL HOSPITAL

YOKOSUKA,JAPAN

**NOMINATIONS FOR SECRETARY/TREASURER:**

Please vote for one of two candidates:

\_\_\_1. **JANET ANSELMO,MS,RD,CDE,LD,BC-ADM**

NUTRITION CLINICAL COORDINATOR-DIABETES SELF-MGT

VA MEDICAL CENTER

CLEVELAND,OHIO

\_\_\_2. **BARBARA S. NELSON, RN**

NAVAL HOSPITAL

PENSACOLA,FLORIDA

Vitae and/or biography of each candidate is attached.

**Mail your ballot to: CHERYL BERMAN,**

**1912 South 15th Street, #27**

**Plattsmouth, NE 68048 by January 31, 2004**

NOTE: Paid members of the AADE VA and DoD SPG  
are the only members allowed to vote. Thank you.

# Running for Chair-Elect

## Debra Bates

I have been working with Veteran's Affairs since 1976 and have been involved in diabetes education since 1998. I have had the privilege of serving on the national VA Diabetes Educators planning committee for the past two years. I am the Diabetes Education Program coordinator for our medical center and serve on our hospital's diabetes advisory committee. Our program has been recognized since 1993. As a clinical administrator I am in the process of coordinating diabetes group clinics as well as primary care group clinics.

I serve as a team member on a grant focusing on chronic disease management called "Team Up for Diabetes Success" through the Robert Wood Johnson Foundation.

Please don't hesitate to contact me if you need further information.

Thank you,

Debra S. Bates, B.S.N., C.D.E., Clinical Administrator for  
General Internal Medicine  
Green Bay, Wisconsin  
debra.bates@med.va.gov  
505-265-1711 ext 2020

## LCDR Carol J. Haddock; Nurse Corps, US Navy

I am thrilled to have the opportunity to collaborate with the VA and the Tri-Service military to exchange ideas and provide the best of care to all of our beneficiaries.

### Strengths

- Goal and performance-oriented team player
- Proven people skills motivating diverse staffs
- Innovative and collaborative
- Professional skills and experience in Ambulatory Nursing

### Education

Bachelor of Science Degree in Nursing, Texas Woman's University, Denton, Texas

### Professional Certification

Subspecialty Codes 1900K, 1910R, 1900E

AQD 60U (Fleet Hospital)

Health Promotion Director

Certified Diabetes Educator (expiration 2001)

Certified, Ambulatory Care Nursing

### Work Experience

#### US Naval Hospital, Yokosuka, Japan Aug02 – Present

- Senior Nurse, Directorate of Ambulatory Care
- Diabetes Nurse Educator, responsible for multidisciplinary patient education program, to include all Naval branch clinics in Japan (Kanto plains)

#### a. Naval Medical Center, San Diego Dec97 – Jul02

- Division Officer, General Surgery Clinic (Sep 98 - present)
- Clinic Manager, Gastroenterology Clinic (seven months)
- Special Projects Coordinator, Nursing Administration (two months)

#### b. Naval Hospital Beaufort, Beaufort, SC Aug 92 – Oct 97

- Health Promotion Director (Nov 96 – Oct 97)
- - - *Command Diabetes Nurse Educator*
- - - *Converted 1949 open bay ward to fitness center*
- - - *Consultant to Semper Fit programs at MCRD & MCAS*
- - - *POC for DOD Breast Care Initiative*
- Nursing Department Head, Primary Care Blue Team One (Internal Medicine/Family Practice/Pediatrics under TRICARE- four months)
- - - *Command Diabetes Nurse Educator*
- - - *Command Coumadin Nurse Educator & Coumadin Clinic Manager*
- Nursing Department Head, Internal Medicine Clinic (29 months)
- - - *Command Diabetes Nurse Educator*
- - - *Command Coumadin Nurse Educator & Coumadin Clinic Manager*
- - - *Nurse Consultant to Substance Abuse Rehab Inpatient Ward*
- Certification - Certified Diabetes Educator (Apr 96)
- Assistant Division Officer, Ward M-4 Medical/Surgical (17 months)

#### c. NR Fleet Hospital 500 Combat Zone 21 DetHqtrs, Readiness

#### Command 11, NAS Dallas, TX Nov 91 - Aug 92

- Assistant to Director of Nursing Services, Headquarters

### Committees

- Nursing Symposium 2001, Planning Committee
- Ambulatory Clinic Functional Working Team
- Command Education Coordinating Committee
- Diabetes Advisory Board
- First Line Managers
- Nursing Informatics Newsletter Editorial Board
- Shea-Arentzen Nursing Symposium 1999, planning committee
- Diabetes Symposium 1998, planning committee and speaker

### Achievements

- Spear-headed expansion of Main OR's customized surgical packs into Local Operating Rooms, saving \$85K annually for General Surgery and Vascular Clinics

### Professional Memberships

- American Academy of Ambulatory Care Nurses (AAACN)
- American Association of Diabetes Educators (AADE)
- American Diabetes Association (ADA)
- San Diego Women in Health Administration (SDWHA)
- Society of Gastroenterology Nurses and Associates (SGNA)
- Association of Operating Room Nurses (AORN)
- Association of Military Surgeons of the US (AMSUS) -Life Member
- Naval Reserve Association (NRA) – Life Member

Naval Medical Center San Diego 34730 Bob Wilson Drive  
San Diego, Ca 92134 Phone (619) 532-7650 Fax (619) 532-8944 Pager: (619) 979-7474 E-mail  
[cjhaddock@nmcsd.med.navy.mil](mailto:cjhaddock@nmcsd.med.navy.mil)

# Running for Secretary/ Treasurer

## Janet M. Anselmo

Janet M. Anselmo graduated with a BS in Medical Dietetics from OSU in 1968 and received her masters from CWRU in 1988. She is a Registered, Licensed dietitian as well as a CDE and Board Certified in Advanced Diabetes Management.

Current position since 7/2000 is Nutrition Clinical Coordinator at Louis Stokes Cleveland VA Medical Center. In this role she is the coordinator of the DSME program which was recognized March 2003 and she interfaces with Endocrine, Renal and Research colleagues and chairs the VISN 10 DSME Advisory Committee. She helped create an assessment tool in CPRS that will eventually help gather data for ADA and assist other sites to obtain recognition. In addition, she is acting chair of the Patient Education Committee and chair of the DSME Advisory Committee for the Louis Stokes Cleveland VA Medical Center. Currently working on a carbohydrate counting assessment tool and updating patient education materials.

Previous experience includes over 30 years of diabetes education including being program coordinator and nutrition educator for a multi-site medical center. Other roles included managing a metabolic research kitchen and being part of a multidisciplinary team for an inpatient/outpatient endocrinology practice. Numerous community recognition was awarded from both volunteer and professional jobs.

## Barbara S. Nelson

To the VA/DOD Diabetes Educators' Group

I am a long time RN and have been in the field of Diabetes Education for the past eleven years. It is my true calling, and I am very *passionate* about the needs of our population with diabetes and the education they receive.

My current position is that of Diabetes Educator at Naval Hospital Pensacola, Pensacola, Florida, where I have been employed for the past six years. We are a teaching hospital which affords me the opportunity to set the interns and residents straight on the role of the Diabetes Educator and diabetes education!

I am a graduate of Northeastern University College of Nursing in Boston, Mass. I have been married for the past thirty-one years. My husband served in the Navy for thirty-one years which required us to relocate nineteen times during his military career. I mention this to stress the understanding I have acquired for the need for standardization of quality up to date diabetes education. Our beneficiaries should, I firmly believe, be able to receive the same quality Diabetes Education no matter where they receive it throughout the Military Treatment Facility Network.

If elected to the office as secretary/treasurer, I commit to working hard and serving you well. The goal of increased collaboration between DOD and VA is important, and I believe if we all do our part we will attain that goal and really make a difference for our patients with diabetes AND our Diabetes Educators!

I welcome this opportunity to serve and look forward to meeting and working with all of you!

Respectfully,

Barbara S. Nelson, RN, CDE



This newsletter was produced by  
Cheryl Berman, CDE and  
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VA Nebraska-Western Iowa  
Health Care System, Omaha, NE.